



## **New Blog by Dr. Kappel Offers Advice on Avoiding Wrinkles**

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Newport Beach, California - Many people come to the office of Dr. Stefani Kappel hoping to look younger and get rid of wrinkles. Dr. Kappel is aware of this so she wanted to offer her patients tips on how to avoid getting wrinkles in the first place.

Dr. Kappel notes that there are many things people can do at home to reduce the amount of wrinkles as they age. She even mentions the best way to sleep if one wants to limit the amount of lines on his or her face. The post offers additional tips that include personal habits and what to do when going outside.

In her blog at [www.stefanikappelmd.com](http://www.stefanikappelmd.com), Dr. Kappel seeks to provide professional advice concerning common cosmetic procedures. She wants her blog to be a place where people can go to find expert information regarding many of the most common dermatological and cosmetic procedures. Realizing there is a lot of incorrect information circulating on the internet, Dr. Kappel has chosen to share her knowledge with readers using this platform.

Dr. Kappel offers a variety of cosmetic procedures from facial rejuvenation and Botox to lip injections in

Newport Beach. For more information about skincare and cosmetic surgery in Newport Beach, or to set up a consultation or schedule an appointment, call (949)239-0494.

#### ABOUT STEFANI T. KAPPEL, M.D.

Dr. Stefani Kappel is an Orange County native and Newport Beach dermatologist who earned her medical degree from UC Irvine and completed her residency in dermatology at UCLA. After that, she became a full-time faculty member at UCLA as a Clinical Instructor and Professor in Dermatology and Dermatologic Surgery. Her expertise is in include cosmetic dermatology with a focus on injectable neuromodulators (Botox, Dysport, Xeomin), as well as dermal fillers (Juvederm, Voluma, Volbella, Vollure, Sculptra, Restylane, Belotero, and Radiesse) and she is dedicated to treating and removing signs of photo-aging.

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For more information about Stefani Kappel MD, contact the company here: Stefani Kappel MD Dr. Stefani Kappel (949) 239-0494 info@stefanikappelmd.com 1441 Avocado Ave, Ste 203B Newport Beach, CA 92660

### **Stefani Kappel MD**

*Dr. Kappel's areas of expertise include cosmetic dermatology, body contouring and Mohs Micrographic Surgery.*

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